

CASE STUDY



Marcus Bell

*Rebuilding Swing
Timing and Pressure
Shift Coordination Using
the Zen Green Stage*

ZEN
GOLF

Coach: Marcus Bell

Technology: Zen Green Stage

Client Profile: A skilled but struggling golfer with inconsistent ball striking and balance issues, particularly in iron play. The goal was to re-establish dynamic balance, proper ground interaction, and sequencing across the swing.

SESSION OBJECTIVE

To develop a functional, athletic swing through dynamic pressure shift, self-organization under constraint, and enhanced temporal control—guided by Zen Green Stage technology and a constraints-led approach (CLA).

CORE INTERVENTIONS AND LEARNING DESIGN

1) Balance Re-education & Inertia Independence

- Initial skipping drills (with and without club) established **single-leg balance awareness** and discouraged overreliance on the club for support.
- Focus: Disassociate upper-body momentum from lower-body control—"use your body, not the club, to balance."

2) Speed Skater Dynamics and Lag Awareness

- Skipping into rotational drills mimicked the motion of a speed skater, emphasizing **hip loading before rotation**
- Athlete learned to "lean away" from the direction of movement, establishing counterforce for rotational lag and delayed release.
- "Always lead away" cue helped encode proper sequencing.

3) Recoil Mechanics: Drop-Pop Pattern

- Using the RFi board, GRFi Vector slider System and trampette, golfer trained **drop into pressure then push off** (recoil) with precise foot timing.
- Coordinated movement of hips, not feet alone, created a whip-like transfer of energy.
- The **"3-4" phases** were deeply internalized: drop (3), push/spring (4).

4) Release Re-patterning via Spatial Awareness

- Exercises emphasized pushing towards pressure zones (e.g., toward yellow marker), not pulling away
- Visual learning supported by mirror demo and video review.
- Spatial "territory mapping" taught golfer how to access lead side power zones and stabilize without collapsing posture.

5) Swing Rhythm Integration: 1-2-3-4 Sequence

- A rhythmic framework aligned perception and movement:
 - 1: Swing forward
 - 2: Step

- 3: Drop into lead side
- 4: Pop to finish
- This acted as an internal tempo trainer, guiding pressure shifts and swing transitions.

6) Transition to Full Swing & Club Integration

- Gradual return to full swings began with feet together drills, followed by step-in swings and then full shots.
- **Driver drills** mirrored iron patterns—athlete was taught to “go forward to go back” to enable proper push-off and sequence.
- Full extension and lag were visible at finish, matched by a low-tension reset (letting club fall on shoulder and arms drop).

KEY OUTCOMES

- **Re-established Balance & Ground Reaction Force Use:** Golfer accessed new GRF channels through dynamic training—horizontal (pressure shifts), vertical (pop), and rotational (lag via torso opposition).
- **Stable, Repeatable Strike Pattern:** Iron and driver swings became consistent in structure and timing.
- **Increased Adaptability:** Learner demonstrated resilience to environmental shifts (slider, vector mat, board) and retained swing quality.
- **Confident, Purposeful Practice:** Golfer reported increased clarity in what to practice, reduced frustration, and excitement to transfer skills to course play.
- **Nervous System Recalibration:** Finish drills and proprioceptive resets left the golfer in a low-tension, high-readiness state.

ECOLOGICAL LEARNING HIGHLIGHTS

- **Repetition Without Repetition:** No two reps were identical—each task adapted to different constraints, enhancing skill adaptability
- **Visual Dominant Learning:** Movement demonstration and mimicry accelerated assimilation of complex swing changes.
- **Embodied Feedback Loop:** Proprioception, not verbal instruction, guided success—highlighting a perception-action learning loop.

CONCLUSION

This session showcases a deeply representative, feedback-rich training experience. The Zen Green Stage enabled perceptual recalibration, adaptive timing, and meaningful self-organization, resulting in a more explosive, balanced, and repeatable golf swing.



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